



Join us on Friday, July 8 in your glow and party apparel to run, walk, or dance the 5K, all the way to Rhythm on the River

Please check out our website for ALL race details:  
[www.longmontcolorado.gov/rotr](http://www.longmontcolorado.gov/rotr)

## Schedule

### Thursday, July 7

- Pre-Registration ENDS 1pm

### Friday, July 8 from 6-7:15pm

- Race Check-In
- Pre-Race GLOW Prep Party
- Late Registration  
(+\$5 — no family discount)

## 7:30pm Race Starts

### Race Start Location:

- Parking lot on Boston Ave across from the Boulder County Fair grounds



## Where to Register?

### Pre-Registration ENDS 1pm

Thursday, July 7

### Drop-Off Entry Form:

- Any City of Longmont Recreation Facility

### Online:

- [RecTrac.com](http://RecTrac.com)  
(City of Longmont Online Registration System)
- [RaceEntry.com](http://RaceEntry.com)

### Mail-In:

- St Vrain Memorial Building  
700 Longs Peak Ave  
Longmont, CO 80501  
(Must be postmarked by Fri. July 1)

**No Refunds for Special Events.**

**Cashier Codes- Adult: 308900.2, Youth: 308900.1, Senior: 308900.3**

*Each participant must fill out an individual entry form*

Name: \_\_\_\_\_

Age participant will be on 7/8/22: \_\_\_\_\_ Birth Date: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Circle T-Shirt Size: Y-Med Y-Lg A-Sm A-Med A-Lg A-XL A-XXL

### Early Bird Entry Fees (until May 15)

\$20 Adult (15-59yrs) \$15 Youth (14 & Under)/ Senior (60 & Over)

### Regular Entry Fees (After May 15)

\$25 Adult (15-59yrs) \$20 Youth (14 & Under)/ Senior (60 & Over)

**\$2 Additional Family Member Discount\* Total: \$\_\_\_\_\_**

*\*Must pay full price for one family member before \$2 discount will be applied for additional family members (max \$8 per family). \$2 discount valid only for immediate family members.*

*Each family member MUST fill out individual participant form and sign waiver.*

**\$2 family member discount deal EXPIRES at 1pm Thursday, July 7**

**Payment:** ☐Cash ☐Check\* ☐Credit Card (Visa/MC/AmEx/Dis)\*\*

*\*Checks made out to: City of Longmont*

*\*\* Please only pay Credit Card in person.*

### Please read and sign the liability waiver below:

I understand that there are certain risks involved with participating in any recreational activity. I expressly understand, agree that neither the City of Longmont Colorado, a municipal corporation, nor any of its officers, agents, volunteers, assistants, or employees, shall be held responsible or made subject to any claims, including any claim for negligence, seeking to assess damages or liability for or arising from personal injury or property damage to myself or other person in whose behalf this form is now signed as a result of actual or proposed participation in the above named programs. I, on behalf of myself and my child, hereby agree to **HOLD THE CITY OF LONGMONT, ITS OFFICERS, AGENTS, VOLUNTEERS, ASSISTANTS, AND EMPLOYEES, HARMLESS ON ACCOUNT OF ANY SUCH CLAIM.**

**Photograph Release:** To more effectively promote programs and activities sponsored by the City of Longmont, the City of Longmont seeks permission of program and activity participants to photograph my child/ward while participating in City of Longmont programs and activities. This includes permission to publish photographs of my child/ward for such purposes.

Printed Name of Minor Child

Printed Name of Guardian or Participant

Signature of Guardian or Participant

Date

